

THERAPIST-PATIENT EXPECTANCIES IN PSYCHOTHERAPY. By Arnold P. Goldstein, Ph.D. (Pp. xvi + 141. 30s.) Oxford and London: Pergamon Press, 1962.

A BIBLIOGRAPHY of 342 references indicates the thoroughness with which the author has surveyed the literature related to his subject. Recent personality theories, such as those of Rotter and of Kelly, provide him with the keynote to his studies. Both tend to regard behaviour as basically anticipatory rather than reactive. The relationship between the degree of improvement expected by patients and their actual response to treatment is not a straight line, but curvilinear, i.e., that those patients who expect only moderate improvement, would do best, whilst those with either high or low expectancies would change little.

The author has interesting comments to make on placebo effects. One use suggested for the placebo is to fulfil initially, culturally reinforced ideas as to what constitutes treatment, whilst the patient is learning something about the nature of psychotherapy. Should this not be done, then there will be those who may lapse from treatment, because their expectations have not been fulfilled. They cannot fit psychotherapy into their conceptual model of treatment.

There is a useful examination of the psychotherapeutic transaction. Cultural differences between therapist and patient leading to a high drop-out rate, the disruptive effect of expectational discrepancies, and an explanation for improvement whilst waiting to be taken on for systematic psychotherapy are dealt with.

This book, written in technical language, will be of more value to those specially interested in understanding the dynamics of psychotherapeutic interviews. Had the final chapter been written in more general terms, it could have helped considerably to enlighten those learning psychological methods of treatment, and who find difficulty in adapting their techniques to suit individual patients.

The author has done a valuable service to all who wish to study interview techniques. This book should be read both by exponents and critics of psychotherapy alike. J. G. G.

AIDS TO ANATOMY (POCKET ANATOMY). By R. J. Last, M.B., B.S.(Adel.), F.R.C.S. Twelfth Edition. (Pp. v + 408; figs. 73. 12s 6d.) London: Baillière, Tindall & Cox, 1962.

THE present edition of this book is six times as long as the first edition which appeared in 1876. This simple comparison indicates the tremendous demands now made on students of anatomy as compared with those of eighty-six years ago. Topographical anatomy alone is treated, and this is done systematically in fourteen chapters on joints, muscles, vessels, the nervous, digestive, respiratory, urinary and genital systems. A very short chapter on the ductless glands in which the pituitary is dealt with in a very cursory manner concludes the book. The line diagrams are generally good, but it is a pity to introduce the term "modiolus" when illustrating and writing about the orbicularis oris musculature, as this term is so closely associated with the cochlea that confusion may ensue. This twelfth edition, which has been thoroughly revised, will serve for easy revision of topographical anatomy before all professional examinations.

W. R. M. M.

MEDICINE AND THE NAVY. By Christopher Lloyd and Jack L. S. Coulter. Vol. IV, 1815-1900. (Pp. xi + 300; illustrated; 50s.) Edinburgh and London: E. & S. Livingstone Ltd.

THE publication of this, the fourth volume of "Medicine and the Navy," is a notable achievement both for the authors and publishers. The four volumes together contain probably the most complete and authoritative description of the evolution of naval medicine that has been written. The work owes its inspiration to the late Surgeon Commander John Keevil, who had been deeply interested in the subject for a number of years and had collected a vast amount of material. It is unfortunate that he has spared only time enough to write the first and part of the second volume before his untimely death. But he would have rejoiced had he lived to see the masterly and scholarly way in which his successors, Professor

Christopher Lloyd and Surgeon Captain Jack Coulter have completed the task that he began.

The present and final volume deals with naval medical affairs in the nineteenth century, between 1815-1900, a period during which, apart from the Crimean War, there were few major naval engagements. But this was an age of exploration and of administrative and hygienic reform; one that witnessed great changes in the status of the naval surgeon and of the Royal Naval Nursing Service. So, in the fourteen chapters, the authors give attention to these and other related matters such as the award of the Gibert Blane Medal, "Victualling," "Fevers" and "Other Sea Diseases"; the closing chapter dealing with the royal naval hospitals at the period. In chapter one there is possibly a minor printing error where on page three Beatty (instead of Gillespie) is named as Nelson's physician but this is a small matter and for accuracy of detail and readability few books of this kind can equal the standard the authors have set. There is a particularly interesting chapter on surgeon-naturalists, men who took advantage of their position as ship's doctor on voyages to distant parts to make a study of plants, animal life and the mineralogy of the places they visited. Notable among them were Sir John Richardson, who accompanied Franklin's expeditions into Arctic regions in 1819-22 and 1824-27; Joseph Hooker, who sailed as assistant surgeon and botanist with the "Erebus" and "Tern" expedition, and Thomas Henry Huxley, who is said to have joined the Navy after a brilliant undergraduate career "because of poverty." It was his voyage as surgeon-naturalist on board H.M.S. "Rattlesnake" to the Great Barrier Reef that decided him to turn his attention from medicine to biology.

The book will, of course, appeal especially to past and present members of the Royal Naval Medical Service but it will attract readers from a much broader sphere on account of its historical interest and the manner in which it so clearly depicts the fearful effect epidemics of disease had on the conduct of fleet operations in the past. It was these epidemics rather than wounds actually sustained in battle that caused the deaths of so many sailors in former times and their sacrifice should not pass unnoticed in history books which have dealt more with the general conduct of operations and more with *material* than *personnel*.

R. S. A.

VISUAL PROBLEMS IN AVIATION MEDICINE. Edited by Dr. Armand Mercier, Chairman of the Vision Committee Aero Space Medical Panel. (Pp. vii + 120 40s.) Oxford, London, New York, Paris: Pergamon Press.

THIS collection of papers has been published on behalf of the Advisory Group for Aeronautical Research and Development, North Atlantic Treaty Organisation.

The object is to stimulate further research and each paper is written either in French with English summary or in English with French resumé.

The papers deal with the various problems which can arise in relation to high-altitude and high-speed flight and which may have marked visual effects.

Man has been outstripped by the machine, and normal visual acuity and refraction no longer ensures normal vision under all circumstances.

Electronic devices are used more and more to supply the deficiencies of some physiological functions. Acceleration can produce limitation of ocular mobility, pupillary dilatation, and severe constriction of visual fields. Bubbles of nitrogen may form under contact lenses at high altitude.

In darkness, fog, and where there is no object on which to focus, accommodation remains in a state of constant activity varying from 0.5 to 2 dioptries. This can contribute to man's other limitations and the startling example is given where two aircraft approaching each other at 1,800 m.p.h. on the same course and coming out of clouds five miles apart, would be too close for avoiding action to be taken.

Glare, cockpit haze, and visual field limitations of high altitude helmets are discussed and there is an interesting paper on the maze of instruments and the galaxy of warning lights that confront the pilot. Even normal blinking produces a blind period which may endanger landing at high speeds.

This is a fascinating little book for all who are interested in vision and flight. V. A. F. M.